



Visiting Friends & Family Traveling Without TRICARE

TEO FS-21

"Your Passport to Quality Health"

Fact Sheet



You know what to do if a visiting friend or family member needs medical care overseas and they are TRICARE beneficiaries. But if you've ever had a non-TRICARE eligible visitor fall ill or get injured while visiting you overseas, you know civilian medical care is a lot more complicated. Here are some tips from TRICARE Europe

and the U.S. State Department to ensure your visitors have the health care information they need for overseas travel. Make sure those who visit you know the basics of overseas health care before they come overseas!

Know Before You Go

Visitors who are TRICARE ineligible cannot use the military health system. If you have visitors arriving from the states, make sure they know this! If your parents, in-laws, or other non-TRICARE eligible family members or friends visit you this holiday season, they must ensure that their private health insurance policy covers them overseas. Medicare does not pay for care received overseas. If your visitors are covered under Medicare, ensure that they are aware of this rule and understand that there are no exceptions.

In either of these cases, your visitors may wish to purchase temporary travel insurance. Remember: If your visitors need emergency care overseas, they will have to rely on their private insurance and the medical system of the host nation.

U.S. State Department Tips

The U.S. State Department provides many services for Americans traveling abroad. Here are a few of their recommendations.

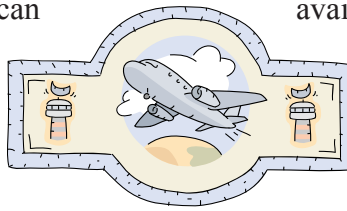
- ❶ Before going abroad, learn what medical services your health insurance will cover overseas.
- ❷ If your health insurance policy provides coverage outside the United States, REMEMBER to carry both your insurance policy identity card as proof of such insurance and a claim form.
- ❸ Although many health insurance companies will pay "customary and reasonable" hospital costs abroad, very few will pay for your medical evacuation back to the United States. Medical evacuation can easily cost \$10,000 and up, depending on your location and medical condition.
- ❹ THE SOCIAL SECURITY MEDICARE PROGRAM DOES NOT PROVIDE COVERAGE FOR HOSPITAL OR MEDICAL COSTS OUTSIDE THE U.S.A. Senior citizens may wish to contact the American Association of Retired Persons for information about foreign medical care coverage with Medicare supplement plans.
- ❺ To facilitate identification in case of an accident, complete the information page on the inside of your passport providing the name, address and telephone number of someone to be contacted in an emergency.
- ❻ A traveler going abroad with any preexisting medical problems should carry a letter from the attending physician, describing the medical condition and any prescription medications, including the generic name of prescribed drugs. Any medications being carried overseas should be left in their original containers and be clearly labeled. Travelers should check with the foreign embassy of the country they are visiting to make sure any required medications are not considered to be illegal narcotics.
- ❼ If an American citizen becomes seriously ill or in-

jured abroad, a U. S. consular officer can assist in locating appropriate medical services and informing family or friends. If necessary, a consular officer can also assist in the transfer of funds from the United States.

However, payment of hospital and other expenses is the responsibility of the traveler.

⑧ A listing of addresses and telephone numbers of U.S. embassies and consulates abroad is contained in *Key Officers of Foreign Service Posts*. This publication may be obtained through the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

⑨ For detailed information on physicians abroad, the authoritative reference is *The Official ABMS Directory of Board Certified Medical Specialists* published for the American Board of Medical Specialists and its certifying member boards. This publication should be



available in your local library. U.S. embassies and consulates abroad maintain lists of hospitals and physicians. Major credit card companies also can provide the names of local doctors and hospitals abroad.

⑩ Some countries require foreign visitors to have inoculations or medical tests before entering. Before traveling, check the latest entry requirements with the foreign embassy of the country to be visited.

Emergency Contact Numbers

- All Countries in Western Europe.....112
- Turkey.....055
- Other Countries in EUCOM & CENTCOM.....
.....contact your local U.S. Embassy or Consulate (see travel.state.gov for more information)



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Travel and Living Abroad

Countries and Regions

International Issues

History, Education and Culture

Business Center

Other Services

Employment

Travel and Living Abroad

Travel

Emergencies and Warnings

- Emergency Services for U.S. Citizens
- International Parental Child Abduction
- Travel Warnings, Consular Information Sheets, and Public Announcements
- List of Current Warnings and Announcements
- Crisis Awareness and Preparedness

Passports

- Passport Information
- Print Passport Application
- Birth, Death, and Marriage Records
- Passport Forms

Visas

- Visa Services for Americans
- Visa Services for Foreign Citizens
- Visa Bulletins
- Waiver-J Visa Foreign Residence Requirement
- Visa Waiver Program
- Visa Forms

Other Information

- Country Background Notes
- Destination USA
- Foreign Consular Offices in the U.S.
- International Adoption
- International Parental Child Abduction
- Key Officers at U.S. Foreign Service Posts
- Overseas Security Advisory Council
- Post Reports
- Records and Certificates
- Travel Publications
- U.S. Embassy and Consulate Web Sites

Living Abroad

- Services for Americans Abroad
- Foreign Per Diem Rates
- Dual Citizenship and Births Overseas
- Marriage Overseas
- Divorce Overseas
- Authentication of Documents for Use Abroad
- Office of Overseas Schools
- Birth, Death, and Marriage Records
- More

Related Sites

- Travelers' Health - Centers for Disease Control
- Travelers' Health - World Health Organization
- Exchange Rates
- U.S. Customs Information
- Tips on Bringing Food, Plants, and Animals Into the United States
- Import/Export of Fish and Wildlife
- Cruise Ship Sanitation Inspection Scores
- Aviation Safety Data
- Airline On-Time Statistics
- Airline Customer Service
- Air Travel Consumer Complaints
- Federal Rulemaking

Highlights

Impostor or Fraudulent Websites
The Department of State, Visa Services [advises](#) the public that only internet sites including the ".gov" indicator are official government Web sites, for its agency offices located in the United States.

Help for Americans Abroad
If you are looking for information on a particular subject related to traveling abroad, this [A-Z index](#) may be of help.

Travel Warnings and Other Consular Information
For the most current information on travel warnings and related updates, visit the Bureau of Consular Affairs' web site at travel.state.gov, or contact the Bureau of Consular Affairs, Office of Public Affairs, at 202-647-5225.

Health Issues for Travelers
Visit the Centers for Disease Control and Prevention [Travelers' Health](#) web site for information on outbreaks, diseases, vaccinations, special concerns when traveling with children, and more.

Travel Tips for [Students](#), [Women Traveling Alone](#), and [Older Americans](#)

Post Reports, now [online](#), are written for U.S. Government employees and family members assigned to diplomatic missions abroad and provide information about living, housing, and health conditions, as well as recreational, cultural, and employment opportunities for family members in the host country.

www.state.gov/travel